

Tossed Salad¹⁰

Number of Servings: 10 (94.97 g per serving)

Amount	Measure	Ingredient
12.00	oz	Lettuce, romaine, fresh, leaf
12.00	oz	Lettuce, iceberg, fresh, chpd
4 3/4	oz	Carrots, fresh, grated
4 3/4	oz	Cabbage, red, fresh, shredded

Nutrients per serving

Nutrition Facts			
Serving Size (95g)			
Servings Per Container			
Amount Per Serving			
Calories 20		Calories from Fat 5	
		% Daily Value*	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 15mg		1%	
Total Carbohydrate 4g		1%	
Dietary Fiber 1g		4%	
Sugars 3g			
Protein 1g			
Vitamin A 60%		Vitamin C 15%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

Shredded/Chopped lettuce ~ 6-8 c/#

Cabbage, shredded ~ 4 c/# slightly packed

Carrots, shredded, ~4 c/#

Wash hands and wear gloves to prepare:

Wash greens thoroughly and drain. Tear into bite-sized pieces.

Add salad ingredients to greens. Toss lightly. Portion into salad bowls or plate ~ 1 cup/serv - 1 veg serving.

1 serving = 4 gram carbohydrate (0 CS)

Serve with amount and type of salad dressing listed on the menu

* Cucumbers, radishes, sliced zucchini and tomatoes may be substituted for cabbage &/or carrots when in season